

Comparison of fluoxetine and placebo in improving the quality of life in patients with solid cancers referred to Imam Khomeini Hospital of Ardabil

Abstract

Introduction: Many studies have shown that diagnosis of cancer causes deep emotional problems in patients and their family. Fluoxetine is an antidepressant that has been accepted to use in depression, obsessive compulsive disorder, panic disorder and anorexia treatment. As above, we intended to design this study to found this drug impact on improving the quality of life and general health among patients with solid cancer.

Material and Method: In this clinical trial study patients with solid cancer were divided into case group (fluoxetine, n=70) and controls (placebo, n=70) randomly; and was administered drug and placebo for 12 weeks. At the beginning and the end of study, the Quality of Life Questionnaire (SP36) were completed and at the end of study after completion of general health Questionnaire, the results were analyzed by SPSS v16 statistical software.

Results: In this study, the most common cancer in case group (40%) and control group (42/85%) was stomach cancer. In evaluation the quality of life in both groups in beginning of study the results showed that there was no significant difference between two groups. But at the end, only the emotional health ($p=0/015$), fatigue and vitality ($p=0/006$) in cases were better than controls significantly. In beginning and the end of study in cases was observed that quality of life in terms of physical performance ($p=0/027$) improved significantly. In the evaluation of general health in the physical symptoms ($p=0.019$) and depressive symptoms ($p=0.032$), cases were better than control group. But there was no significant difference in anxiety and sleep disorders ($p=0.422$), the social functioning ($p=0.512$) and overall score of general health ($p=0.419$).

Conclusion: The results showed that fluoxetine administration in patients could improve some aspects of quality of life and general health but there was not effective in the others; that this is probably due to the short-time administration of fluoxetine in these patients.

Key words: cancer, fluoxetine, quality of life, general health